

# Help in case of domestic abuse



## *The right to a life without violence*

Everybody has the same basic rights in Germany. Every woman has the right to govern her own life freely, to speak freely, to act and to advocate for herself.

## *What is violence?*

Under German law, it is considered violence if you are humiliated, insulted, beaten, threatened, controlled, isolated, coerced sexually or raped. They are all forms of physical, psychological, or sexual violence. If you experience such behavior in your family, through your husband or other adult family members, this is considered domestic violence.



Thuringian Coordination-Network and Counselling Office - refugio thüringen e.V. in cooperation with Jenaer Frauenhaus e.V.



## *What can you do?*

It is important that you do not blame yourself! It is none of your fault! You do not need to be ashamed, and you can protect yourself! You have a right to a life without violence!

## *Who can you contact if you need support?*

- Women's shelter (Frauenhaus) / Women's counselling (Frauenberatungsstelle) / Women's emergency line (Frauennotruf)
- National emergency line for women: 08000 116 016
- Police: 110

The employees at any women's support organization are very experienced and will inform you of ways to help and protect you.



## *Women's shelter (Frauenhaus)*

Women's shelters give a place for protection, distance, and peace to women and children that have been victim to domestic violence. Women's shelters are anonymous places, where you and

your children can move freely, and can leave if you wish for it.

You can always move out, if you wish to. During your stay, an employee will aid you in planning further steps and help you with any questions or needs. It is also possible to assist you with appointments.

Women's shelter / Women's counselling near you:

gefördert durch:



Die Beauftragte der Bundesregierung  
für Migration, Flüchtlinge und  
Integration

*englisch*